

## ABSTRACT OF THE DISCLOSURE

The invention is a beverage involving an ingestible fluid and a dosage amount of an ingestible composition for treating an inflammatory tissue in a mammal, involving the inflammatory tissue selected from the group comprising underperfused tissue, inflamed joints, inflamed muscles, 5 wherein the dosage amount has a glucose ingredient, such as glucosamine sulfate, glucosamine hydrochloride, n-acetyl glucosamine, and combinations thereof; a chondroitin component, such as chondroitin sulfate, chondroitin hydrochloride, and combinations thereof; a member of the family of araliaceae for buffering the ingestion of the glucose ingredient, such as American ginseng, Siberian ginseng, panax ginseng, and combinations thereof; a calcium containing 10 component; and a sulfonate having at least one methyl group ingesting the beverage.